

TROUBLE SWALLOWING? IT'S TIME TO LEARN IF IT COULD BE EoE

Eosinophilic esophagitis (EoE) is a chronic, progressive condition caused by inflammation and narrowing of the esophagus (the muscular tube that connects your throat to your stomach).

It may cause symptoms including difficulty swallowing (dysphagia), food getting stuck in the throat (impaction), chest pain, heartburn, and vomiting.



Normal esophagus



Inflammation in your esophagus can lead to swelling and narrowing



If inflammation continues untreated, the esophagus will scar and become more narrow

THINK IT COULD BE EoE? TAKE A LOOK AT YOUR SYMPTOMS

Answering these questions about your symptoms and how you manage them can help you start a productive conversation about EoE with your doctor.

Have you had trouble swallowing food recently? Yes No

If you've had trouble swallowing food in the past week, how many times did it occur? 1 2 to 6 7 or more

Do you feel your symptoms have impacted your day-to-day life, especially when it comes to eating? Yes No

Do you avoid eating in social settings? Yes No

How do you try to manage your symptoms?

Check all that apply.

- | | |
|---|---|
| <input type="checkbox"/> Cut food into small pieces | <input type="checkbox"/> Put food into a blender to make it easier to swallow |
| <input type="checkbox"/> Chew for a long time | <input type="checkbox"/> Avoid certain food categories (e.g., dairy, wheat, egg, soy) |
| <input type="checkbox"/> Eat slowly | <input type="checkbox"/> Eat before going to events where food will be served |
| <input type="checkbox"/> Avoid hard, sticky, or dense foods | <input type="checkbox"/> Avoid medications that come in pill or tablet form |
| <input type="checkbox"/> Drink liquid when swallowing food | <input type="checkbox"/> Other: _____ |

Do you take any over the counter medications for your symptoms, such as antacids, proton pump inhibitors (PPI) like Prilosec, or H2 blockers such as Pepcid, Zantac, or Tagamet?

- Antacids Proton pump inhibitors (PPI) H2 blockers Other: _____



If you answered "yes" to any of these questions or checked more than one symptom, you may have EoE. **Turn over to learn more** →

DID YOU KNOW **EoE IS OFTEN MISDIAGNOSED?**

It's true. And because eosinophilic esophagitis (EoE) can worsen over time and permanently damage the esophagus, it's important to learn the signs and symptoms.



To help monitor your symptoms over time, use **this tracker** by visiting ThisIsEoE.com or scanning the QR code with your mobile device.

COULD MY SYMPTOMS **BE CAUSED BY EoE?**

Signs and symptoms of EoE vary over time and can differ depending on age.

- Infants and toddlers might refuse foods and lose weight, vomit, or develop malnutrition
- Children may have trouble swallowing, may vomit, or experience abdominal pain
- Teens and adults may have more difficulty swallowing as the esophagus narrows, causing impaction
- Symptoms may be triggered by foods and/or inhaled allergens

TALK WITH YOUR DOCTOR

If you think you may be living with EoE, please visit an EoE specialist such as a gastroenterologist, allergist, or ear, nose, and throat doctor (ENT). Bring this form with you, discuss your answers with the doctor, and take notes on anything you'd like to follow-up on as you talk through your next steps together.

What tests or procedures can confirm if I have EoE?

If I'm diagnosed with EoE, what can help with my symptoms?

What are some things (eg, foods, allergens) that may make my symptoms worse?

Other items/questions I want to discuss:



Visit ThisIsEoE.com for more information about EoE and for resources to assist your treatment journey.

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